

# Guilford Memorial River Walking Routes

Walking is a gentle, low-impact exercise that can increase your level of fitness and health. Walking is a safe and simple exercise that doesn't require any practice. Participating in a regular walking routine can lower your blood pressure, improve your mood, and can help you stay strong and fit. Below is a list of walking trails that make up the Guilford Memorial River Walk. Each trail has been measured so that you know the mileage, steps, time and calories burned.

Each trail starts at the parking area on Route 23, and is timed round trip (down and back). The yellow trail extends up to the old Pride Manufacturing property, and returns back to the parking area. The blue and red trails guide you to the Guilford baseball field parking lot, where you can choose to retrace your steps or choose the alternating trail to make a loop. On the back of this sheet there is a detailed map that outlines each route in color. Enjoy walking your way towards a healthier you!



## Why Should You Walk?

- Walking helps keep your bones, muscles, and joints healthy
- Boosts your mood
- Helps you handle stress
- Helps you feel more energetic
- Helps you sleep better
- Improves your self esteem
- Gives you an opportunity to socialize actively with friends and family
- Helps build a healthier you!

Yellow Trail
Steps: 1451
Miles: 0.66
Calories Burned: 40
Time of Route: 14 minutes

Blue Trail
Steps: 3236
Miles: 1.48
Calories Burned: 88
Time of Route: 30 minutes

Red Trail
Steps: 3290
Miles: 1.5
Calories Burned: 90
Time of Route: 30 minutes

Red & Blue Trail Combined
Steps: 3263
Miles: 1.49
Calories Burned: 89
Time of Route: 30 minutes



Please remember to do your part and help keep our walking trails pet friendly!

If your pet poops, please scoop!

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